

Edward Hines Jr. VA Hospital

HINES HERO

Serving with Pride

February 2014

Official Newsletter of the Edward Hines Jr. VA Hospital

Vol. 1, Issue 2



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The Hero

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The Hero is the official newsletter of the Edward Hines Jr. VA Hospital, published monthly for staff, Veterans, families and volunteers.
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COMMENTARY

From the Chaplain



Dealing with the Chop

I shall never forget the first time I swam in open water, in Lake Michigan. The water was cold and choppy. I was being tossed around like a rag doll. Although I could stand up at any moment, I found myself struggling against the current trying to remain calm and relaxed.

The more I struggled, the more anxious I became. As I began to hyperventilate, I found myself swallowing more water than I was taking in air. In those extremely nerve racking moments that seemed to last an eternity, my survival was in jeopardy!! I began to pray: "Please Lord, don't let me drown and be swept away to 'Davy Jones Locker'!!"

Thank God my prayers were answered!!! I am alive to tell the story!!

Life can get very choppy and turbulent. Nonstop pressures and demands can make you feel confused and overwhelmed. Unable to tell up from down, we can get swept away in the tumultuous emotions of the daily rat race. Profoundly chaotic emotions like fear, sadness, and anger have a way of taking over our minds, driving us into the depths of despair and alienation.

I am learning how to deal with the "Chop" of life. When I find myself in troubling currents, I stop and let go of struggling. I sense what you are thinking, "Are you freaking kidding, ME!! Stop struggling?!! Really?!! Are you serious??" "Nonsense!" "I have to keep pushing and striving, life is about struggle and sacrifice." "The harder I work and struggle, the more I will obtain."

I feel you!! I hear you!! But let me ask you; "How is that working for you?"

The idea of unending struggle and heroic fight is deep

within our psychic DNA. The truth is that the "Chop" of life can be like quicksand, a Chinese finger trap, or a deep hole. The more you struggle, fight and dig, the more you sink, become stuck, and get in over your head, unable to climb out.

Am I saying that we should never struggle and strive? Of course, not! Life is all about struggling and striving. Where I've gotten lost and bogged down is when I think that all there is to life is the "Chop."

Yes, life is choppy and turbulent. Life does have moments of struggle where the future is uncertain and the results of striving seem fruitless. However, the tension-filled "Chop" of life can be embraced and transcended. The Psalmist writes: "Weeping may endure for a night but joy comes in the morning." The question is: "What do you do in the meantime when morning is a long way off and you are in the "Chop" of life, being tossed back and forth by anger, sadness and fear right now?"

For me, I am learning to trust the Presence of the Divine within me and all around me. By staying in touch with myself, I experience the Presence who provides peace that surpasses all understanding. This empowers me to go with the flow.

When I was in Lake Michigan, I had a wetsuit that surrounded me and held me up when I felt like I would sink. Once I trusted the buoyancy of being held and supported, I found myself floating on top of the water, going with the flow of the current and swimming smarter, not harder.

As I swam, supported from within and without, I was able to acknowledge fear, anger, and sadness but still remain focused on experiencing gratitude, hope, and peace in spite of frustration, which transformed the "chop" into still waters.

Peace and blessings on your journey.

Rev. Melvin Jones, Jr., M.Div, BCC
Acting Chief of Chaplain Service
Hines VA Hospital



On the cover:

Navy Veteran and Hines Employee Charles Harris (left) assists Marine Corps Veteran Reginald White (right) with new eyeglasses at the Hines Optical Dispensary. (Photo by Dan DuVerney, Hines Media Service)

Illinois Comptroller Visits Hines Veterans

Illinois Comptroller Judy Baar-Topinka visited Hines to hand out Valentine's Day cards to Veterans Feb. 14.



Photos by Jerry Maloney, Hines Media Service

New Chief of Facilities Management Service



Russell Thomason
Chief, Facilities
Management Service

Russell Thomason was appointed Chief of Facilities Management Services (FMS) here at Hines, effective Jan. 13.

Prior to this appointment to the VA, Russell served as the Chief of Facilities, Property, and Safety for U. S. Department of Agriculture, Agricultural Research Services, Eastern Business Service Center, where he was responsible for operations and maintenance, real property, personal property, safety, and environmental management for more than 4,700 research labs, and other related facilities/structures. Prior to that, he served as the mechanical engineering expert for U. S. Army Corps of Engineers Medical Facilities Center of Expertise and Standardization. In this role, he oversaw the design of more than \$10 Billion of healthcare construction globally for the Army and the Air Force. Prior to that, Russell served 10 years as a Hospital Facilities Manager for U.S. Department of

the Army, overseeing facility operations, maintenance, construction, energy, etc. for 38 healthcare buildings in a 3-state region.

He has developed standards and criteria for both the private industry and the Federal Government. For Department of Defense, he was the proponent for several Unified Facilities Guide Specifications, and was a principal player in the development of several Unified Facilities Criteria. One such document was the DoD Medical Military facility design criteria, where he drafted policy to require secondary water disinfection in all new DoD hospitals to treat waterborne pathogens such as Legionella.

Before moving to Illinois, Russell lived in Tennessee, Georgia, Virginia, and Alabama. He has a Bachelors of Science degree in Mechanical Engineering, and a Masters degree in Business Administration.

100th Hines Veteran Graduates Guitars for Vets

By **Charity Hardison**
Hines VAH Public Affairs

The 100th Hines Veteran graduated from a program that teaches Veterans how to play the guitar on Jan. 30.

Maurice Richardson, an Army Veteran, graduated from Guitars for Vets, a non-profit organization founded in 2007 in Milwaukee, Wisc., that provides a practice guitar and 10 lessons to Veterans. After completing the 10th lesson, the student is given their own new acoustic guitar and all accessories.

"I love the blues and have always wanted to learn to play the blues," said Richardson. "When I heard Blues guitar great Eric 'Guitar' Davis had recently passed away, I decided to pick up the guitar after leaving it as a kid."

Richardson learned about the Hines Guitars for Vets program through the Hines Recreation Therapy department, which oversees the program for Hines.

"We are so fortunate to have the Guitars for Vets program available for our Hines Veterans," said Mary Terese Wanicek-Squeo, a Hines Therapeutic Recreation Specialist and coordinator for the Hines Guitars for Vets program. "Recreation Therapy programs like this are important and do a great deal to improve the health of our Veterans."

"It was great to celebrate the graduation of our 100th student," said Bernie Kampf, chapter coordinator and instructor for the Hines Guitars for Vets chapter. "It has been rewarding and humbling for all of us to provide the healing power of music to our Vets, and we are honored to be able to do so."

Kampf started the Guitars for Vets chapter at Hines in July 2010, teaching two students per week but the program quickly grew.

"With the invaluable help and support

of Mary Terese and the entire Hines Recreation Therapy department, the chapter has grown to six instructors teaching 10 students per week," said Kampf. "We have also instituted group sessions where everyone is welcome to play, sing along and ask any musical questions. We would like to thank everyone at Hines for their encouragement and support, and we look forward to the next 100 graduates."

Veterans interested in participating in Guitars for Vets at Hines should talk with their primary care provider.



After completing 10 guitar lessons, Army Veteran Maurice Richardson receives his brand new Yamaha guitar and accessories from the local Hines chapter of the Guitars for Vets. (Photo by Dan DuVerney)

Hines Valentines

*Celebrating our
hard-working
Hines couples!*



John and Cindy Clifton
Director's Office and Dental
Met here at Hines VAH
Married January 2, 2010



Jose and Leticia Rivera
Nursing and Women's Health Clinic
Met at Jesse Brown VA
Married May 28, 2013



Steve and Charlene Fletcher
Imaging and Chief of Staff's Office
Met here at Hines VAH
Married August 11, 1990



Ann and Dr. Brian Schmitt
Education and Medicine
Met at Indiana University
Married September 11, 1976



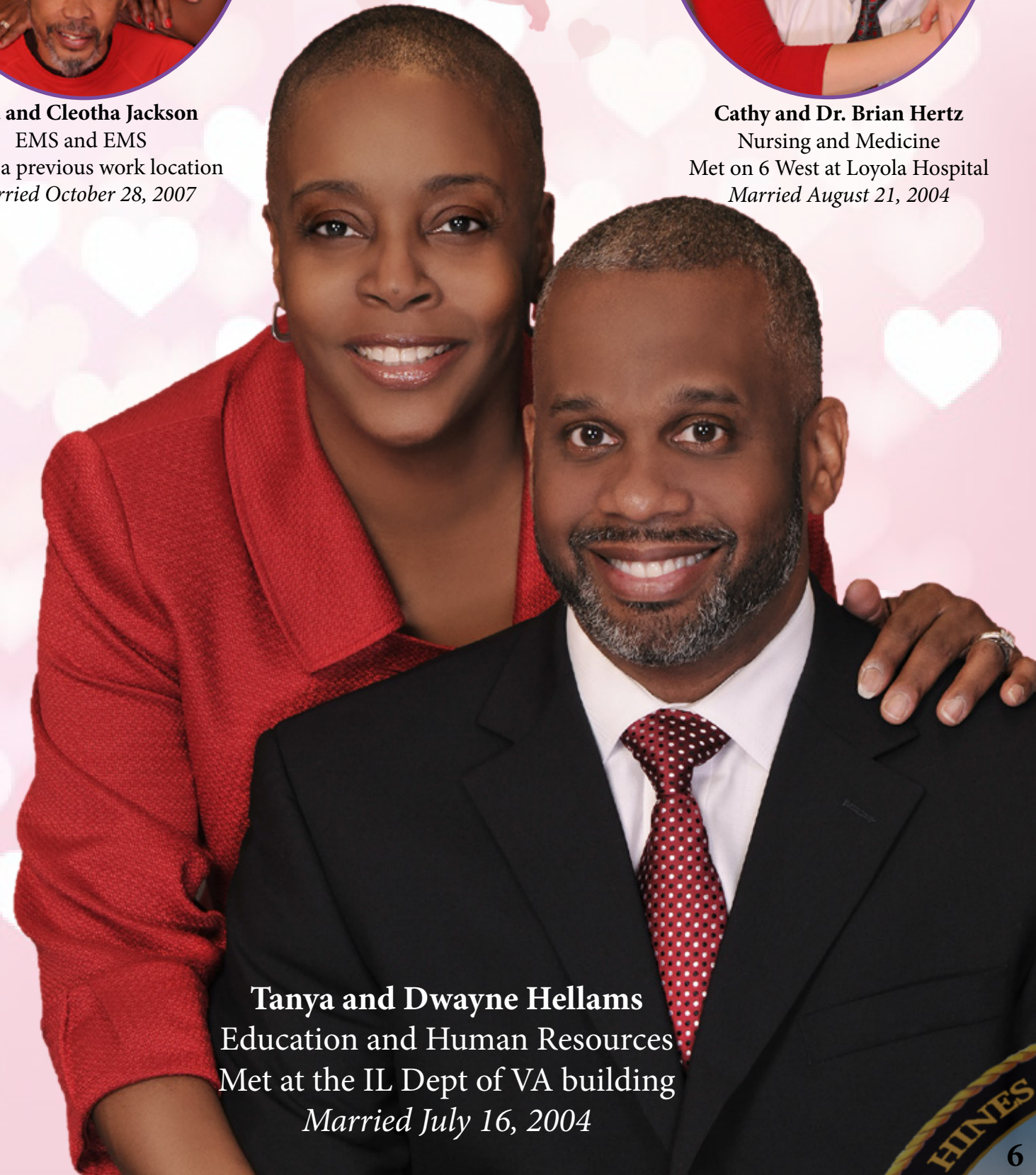
Phillip and Raquel Walton
PAS and Eye Clinic
Met in high school
Married October 15, 1994



Ora and Cleotha Jackson
EMS and EMS
Met at a previous work location
Married October 28, 2007



Cathy and Dr. Brian Hertz
Nursing and Medicine
Met on 6 West at Loyola Hospital
Married August 21, 2004



Tanya and Dwayne Hellams
Education and Human Resources
Met at the IL Dept of VA building
Married July 16, 2004

Hines Mental Health Uses Cutting-Edge Technology to Reduce Treatment Barriers

By **Kathleen O'Donnell, Ph.D.**
Chief of Psychology, Hines VAH

The Hines Mental Health Service Line leads the VA in terms of using technology to deliver Mental Health services. The Mental Health Service Line is now offering cutting-edge mental health treatment to some Veterans through Clinical Video Teleconferencing (CVT) Into the Home. CVT into the Home allows Veterans to receive treatment delivered through their own computer, internet connection, and webcam using Jabber software to connect with a clinician.

“The use of this technology has allowed Veterans to receive PTSD treatment

who might otherwise have had difficulty attending appointments at Hines due to geographical limitations, time constraints, mobility problems, and transportation difficulties,” said Dr. Holly Hunley of the Hines Trauma Services Program (TSP).

Hunley is the first clinician at Hines to deliver services via CVT into the Home. In addition to increased access to mental health treatment, there are other benefits to CVT into the Home.

“CVT into the Home decreases travel-related expenses,” said Hunley. “Further, data has shown a dramatic decrease in no show rates, which improves efficiency and productivity of providers and improves the efficacy of treatment. Of utmost impor-

tance, Veteran response to this technology has been positive, and several Veterans have been able to receive evidence-based psychotherapy for PTSD via CVT into the Home who were unable to attend face-to-face sessions.”

The Hines Mental Health Telehealth and Technology Team are in the process of expanding the use of CVT into the Home to other programs within the service line such as Outpatient Mental Health Clinic, Women’s Mental Health, Primary Care Behavioral Health, and Home-Based Primary Care. This cutting edge technology allows providers to improve access and diminish barriers to mental health treatment.

WORD ON THE STREET

If you won \$16M in the lottery, what would you do with the money?



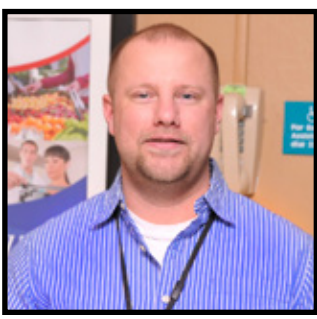
Set up a trust fund for my kids, give 10 percent to the Lord and buy a McDonald’s.
-Mae Gaston
 EMS



Give it to my wife, daughter, son and grandchildren.
-Edmund Zielinski
 Veteran



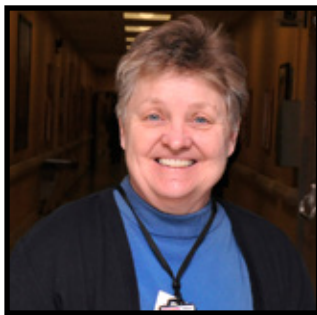
Help Sickle Cell Anemia patients and buy my mother a house.
-Aubrery Self
 Nutrition & Food Service



Pay off all my debt including student loans, have some fun and take a vacation.
-Dan Perez
 Pharmacy Service



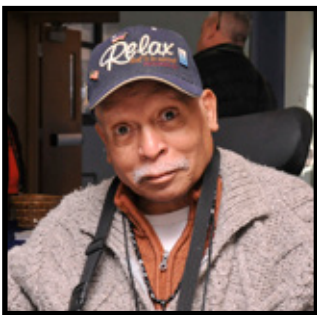
Pay off all my family’s debt, throw a big party, travel and buy a horse.
-Candi Vitalo
 Nursing Service



Retire tomorrow, and build Rehabilitation their much-needed clinic.
-Luanna Mills
 Rehabilitation Service



Buy an island and take care of my family.
-Romeo Gallegos, Jr.
 Escort Service



Give 10 percent to church, and give to my children, grandchildren and charities.
-Rev. Calvin Cheers
 Veteran

Hines Back in the Day



A cart exam (Hines VAH Photo Archives)

Vitamin E Slows Alzheimer’s in VA trial

Vitamin E, known for its antioxidant power, helped slow the progression of Alzheimer’s disease in Veterans with mild to moderate symptoms in a trial reported Jan. 1 in the Journal of the American Medical Association.

More than 600 Veterans from 14 VA medical centers around the country took part in the VA-sponsored trial. Researchers followed them for up to four years, with an average follow-up of about two years and three months.

Although the disease progressed in all treatment groups, vitamin E slowed the disease by about six months, compared with placebo. In other terms, it slowed the worsening of Alzheimer’s disease by almost 20 percent per year, compared against placebo. The main outcome measure was a test of how well the patients could perform activities of daily living.

Lead researcher Maurice Dysken, MD, a geriatric psychiatrist, says a delay of this size in the disease’s progression can have a significant impact on quality of life for patients and their family members.

“It could be very meaningful for someone with early Alzheimer’s who is still functioning at a high level, and for his or her caregivers, to have a delay of six months in the progression of the disease

over about a two-year period,” says Dysken. “When the disease has progressed to a severe stage, the benefits of a delay of this size are less apparent.”

Dysken is former director of the Geriatric Research, Education, and Clinical Center at the Minneapolis VA Health Care System. He is also a professor of psychiatry at the University of Minnesota.

Vitamin E beats other treatments

In the study, his team compared vitamin E against three other treatments: the drug memantine (sold as Namenda), vitamin E plus memantine, or placebo. Vitamin E beat all the other approaches, including the combination treatment. Outcome measures included not only patient’s daily function and cognitive health, but also caregiver burden.

In the raw data, caregivers of those on vitamin E reported about two hours less per day of caregiving activity compared against the other three groups. After statistical adjustments, though, the difference remained significant only when the vitamin E group was compared with the memantine group.

According to existing clinical guidelines in VA and other health care systems, memantine is generally used only for more advanced cases of Alzheimer’s. It typically

e-Donate!

Did you know there’s a new way to donate to Hines VA Hospital?

E-Donate is a new online donation option at <http://www.hines.va.gov> that provides community members who wish to give back to Veterans at the hospital a simple and safe way to pledge their support to the fund of their choice.

For additional information, contact Hines Voluntary Service at (708) 202-2523.



HINES "MONTH IN REVIEW" PHOTOS



Hines Director Joan Ricard presented a Length of Service award to Vincenza D'Amico, Chief of Audiology and Speech Pathology on Feb. 5.



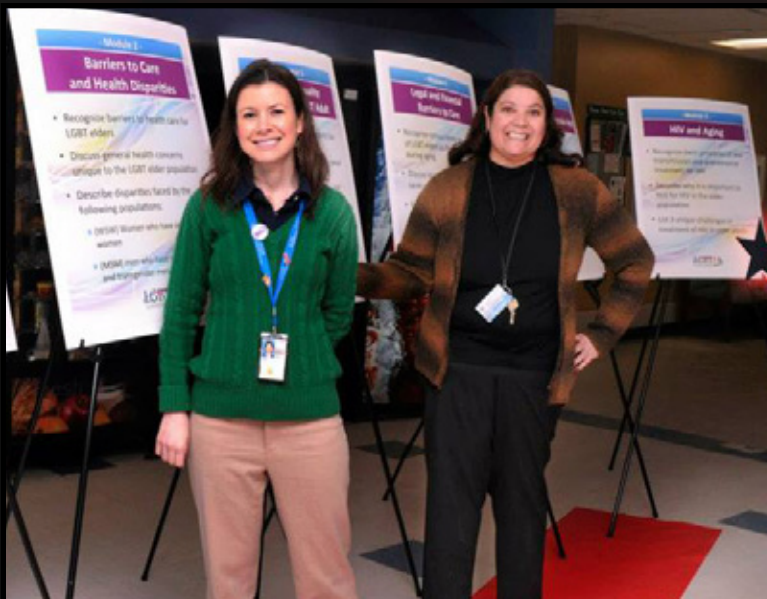
Barb Hunt, Chief of Voluntary Service, handed out Valentine tokens of appreciation to Hines Veterans on Feb. 11 as part of National Salute to Veteran Patients Week.



Veterans William Dotson and Pauline Oriheula celebrated their loss of 10% and 5% of their initial body weight (respectively) throughout the five-month MOVE! program.



Dr. Daniel Zomchek, Associate Director, introduced Wil Jones, the new Secretary to the Associate Director, to the staff at the all-employee town hall meeting on Feb. 12.



Lorry Luscri and Debra Martinez kicked off the nurses HEALE training series premiere event, featuring a sneak preview of six classes for Health Education about LGBT-Elders on Jan. 28.



Hines employee William Hindenburg taught Argentine Tango lessons for Hines Spinal Cord Injury Center staff on Jan. 28.



Hines Director Joan Ricard presented a Certificate of Retirement to Louise Corzine on Jan. 28.



Retired Cook County Commissioner Robert Shaw was the guest speaker at the Hines Martin Luther King, Jr. Day celebration, hosted by the Hines Black Employee Association (BEA) on Jan. 22.

Hines VA Hospital participated in “National Wear Red Day”

On Feb. 7, the Hines main campus and CBOCs participated in “National Wear Red Day”. Staff, Veterans, volunteers, and visitors were encouraged to wear red to help raise awareness of heart disease. Thanks to all who participated!

Photos by Dan DuVerney, Hines Media Service



Aurora CBOC



Kankakee CBOC

“VITAMIN E” CONTINUED FROM PAGE 8

“and the patients were monitored very closely throughout the trial.” He notes that no patients in the trial, including those with existing heart disease, appeared to do any worse on vitamin E, compared with their peers in the other treatment groups.

Vitamin E is found in a wide variety of foods, including eggs, whole grains, and beef. But Dysken says getting the nutrient from food is unlikely to achieve the same benefits seen in the study.

“We gave patients 2,000 IUs [international units] per day,” says Dysken. “That’s about 20-fold greater than the dosage commonly found in a multivitamin containing vitamin E. The dose used in the study is pharmacological, as opposed to nutritional. It’s really a huge difference.”

Vitamin E comes in several forms, including alpha-tocopherol, which has been found to be the most biologically active in humans. The VA study used a synthetic formulation of alpha-tocopherol. Dysken says this was the same agent used in a late 1990s trial that found vitamin E effective in later stages of Alzheimer’s. The new VA trial is among the first large studies to show benefits in earlier stages of the disease.

Dysken says there’s no evidence to suggest other types of vitamin E supplements—such as natural, food-based formulations, versus synthetic chemical-derived ones—would have any different impact on Alzheimer’s.

According to Dysken and other experts, vitamin E’s effects against the brain-ravaging disease are likely due to its antioxidant properties. Researchers in VA and elsewhere are studying a variety of other antioxidants for their effects against Alzheimer’s. They include, for example, compounds found in red tea, red grapes, and the spice turmeric.

Dysken says it’s still “an open question” as to whether vitamin E is unique in its anti-Alzheimer’s properties, or simply one of many antioxidants that could achieve the same effect.

The trial was sponsored by VA’s Cooperative Studies Program.



We Asked... You Answered...

VA Changed to Better Meet Your Needs

A New and Improved VA Prescription Label

We have changed the format of your VA prescription label to make the most important information more visible. If you have any questions about your medications, please contact your local VA pharmacist at any time.

The New Prescription Label ...

Your name has been moved to the top of the label.

Directions on how to take your medication are now larger and bolded.

Important information is now highlighted.



The date the prescription can no longer be refilled is clearly stated.

HALL OF FAME!

Kelly Langert in Research Service earned the American Society for Neurochemistry (ASN) NEURO award!

Dr. Joan Stelmack in Blind Rehabilitation was selected as the Armed Forces Optometric Society (AFOS) VA Optometrist of the Year 2014!

Dr. Rodney Stuck in Surgery Service was appointed to the new VA Biologics Acquisition and Use Working Group!

Kelly Szamborski in Rehabilitation Service was named a 2014 Five Star Physical Therapist!

Congratulations!

HINES
VAH

Hines OEF/OIF/OND Team Providing Job, Resource Assistance to Returning Combat Vets, Service Members

By Ivy Lloyd
OEF/OIF/OND Program Mgr, Hines VAH

The Hines OEF/OIF/OND team assists returning combat Veterans and service members with job announcement and resource information.

In working with returning combat Veterans and service members, having vocational and employment difficulties, often hampers a smooth transition from military to civilian life.

“In an effort to improve transition for returning Combat Veterans, I, along with the OEF/OIF/OND team, collaboratively created a job database in January 2012,” said Eric Blakely, Transition Patient Advocate at Hines. “We identified numerous Veterans seeking employment and job resource information, and we now provide more than 250 returning Veterans with job fair information, job announcements, and resources when seeking employment. This database continues to grow every week with new employment announcements and postings.”

Over the past two years, approximately 10 percent of the Veterans requesting assistance have found employment either from the information provided by the Hines OEF/OIF/OND team, or on their own.



Several Veterans directly attribute their jobs to having received job announcements or information from the OEF/OIF/OND job database.

Blakely manages the Veteran requests identified by their Combat Case Manager (CCM) through the database, adding and deleting Veterans by requests or obtaining employment. Employment information is listed daily as they are received from many community sources. Once a Veteran agrees to receive job resources at their e-mail address, the assigned CCM obtains their e-mail address and forwards it for inclusion in the database. In addition to unemployed Veterans, numerous employed Veterans have requested to continue their receipt of job information to pass along to other Veterans they know.

“I, and Transition Patient Advocate

Estella Bunton, work to ensure the information in the database is updated regularly, and I forward the various employment announcements, job fair notices, and resource information,” said Blakely. “This service has proven to directly assist these Veterans through their transition from military to civilian life. Having employment assistance reduces some of the stress Veterans feel and encounter as they transition home. Of the Veterans that have utilized the job information, we are proud that several were employed here at Hines hospital.”

The Hines OEF/OIF/OND team continues to review and send out employment resources and opportunities to enhance and improve the transition of Combat Veterans and service members into VA health care and civilian life.



Farewell, Monsignor Burnett!

Congrats on Retirement!

EMPLOYEE SPOTLIGHT!

Welcome to Hines!



- Izabella Banas, Nursing
- Joshua Bazan, Police
- Tasha Berry, Human Resources
- Hardeep Bhogal, Pharmacy
- Joy Boerschinger, Education
- Gerald Cotton, EMS
- Mary Davis, Nursing
- Jennifer Eaton, Nursing
- Lauren Farmer, Rehabilitation
- Victor Garcia, IRM
- Josephine Gelpi, Fiscal
- Alex Gorbonos, Surgery
- Navjeet Hansra, Imaging
- Steven Hogan, Police
- Olivia Holliman, Nursing
- Casey Holmes, Surgery
- Sorin Ivascu, Nursing
- Sean Johnson, Rehabilitation

- Denise Kopjo, Prosthetics
- Richard Krauleidis, PAS
- Nancy Madsen, Education
- Vincent Martinez, Pharmacy
- Julius Moore, Informatics
- Tyra Morgan, Nursing
- Neema Nayeb-Hashemi, Surgery
- Barbara Papciak, Rehabilitation
- David Quinn, Police
- Sehee Rim, Path & Lab Medicine
- Edna Rios, Nursing
- Cedric Salone, PBM
- Karen Santia, Mental Health
- James Scales, PAS
- Jorge Silva, Jr., Pharmacy
- Emily Templeton, Education
- Maurice Thomas III, OI&T
- William Timm, OI&T
- Paul Vana, Surgery
- Erica Veguilla, Mental Health
- Leah Walker, Informatics
- John Warren, Fiscal
- Glen Williams, Nursing

Farewell Retirees!

- Luz Cuaresma, Mental Health
- Susie Jo, Nursing
- Cynthia Linn, Nursing
- Rosie Punnackal, Nursing
- Vernon Whiting, FMS



WHAT'S NEW IN CONSTRUCTION?

Current Projects

PROJECT

Renovate hospital front entrance
Renovate operating room
Construct smoking shelter, Building 217
Renovate PAS and Emergency Preparedness, Building 1

ESTIMATED COMPLETION DATE

TBD
*June 2014
August 2014
July 2015

Upcoming Projects

PROJECT

Construct E85 filling station
Renovate Building 228, Mental Health
Repair and insulate Building 200 exterior (Façade replacement)

ESTIMATED START DATE

August 2014
October 2014
October 2014

* Denotes construction complete but activation/opening still pending.

Where's the Hines Mobile Medical Unit?

Morris, Ill.

March 3, 2014

212 W. Washington Street
9 a.m. - 2 p.m.

Aurora, Ill.

March 4, 2014

750 Shoreline Drive
9 a.m. - 2 p.m.

Kankakee, Ill.

March 5, 2014

Parking lot at the corner of Court and Schuyler
9 a.m. - 1 p.m.



To schedule the Hines Mobile Medical Unit for a Veteran-focused event, contact Cris Mabrito, Hines Outreach Coordinator, at (708) 202-8387 ext. 20011 or email her at cris.mabrito@va.gov.

DID YOU KNOW?

Did you know that every VA Medical Center has a Patient Advocate program to assist Veterans and their families with questions and concerns they may have regarding VA care, benefits, policy or procedures? At Hines, we have a Patient Advocate program that covers both outpatient and inpatient issues.

Nationally, the Patient Advocacy Program was established to ensure that all Veterans and their families, who are served in VHA facilities and clinics, have their complaints addressed in a convenient and timely manner. The Patient Advocacy program operates under the broader philosophy of Service Recovery, whereby patient complaints are identified, resolved, classified, and utilized to improve overall service to Veterans. The Patient Advocacy program is an important aspect of patient satisfaction and contributes proactively to VHA initiatives to provide world-class customer service.

If you or a Veteran you care for has a problem receiving health care services, or you have a concern or compliment about the customer service provided by any of our staff members, please contact one of our Patient Advocates.

We have two Patient Advocates, Tom Grego and John James, for outpatient issues located in Bldg. 228 - Room 1055, from Monday-Friday, 8:00 a.m. - 4:00 p.m. We have two Patient Advocates, Raquel Reyes and Patricia Roberts-Laird, available for inpatient issues, Monday-Friday, 7:30am-4:00pm. Patient Advocate issues can also be directed to (708) 202-8387 ext. 22716.



Tom Grego
and
John James

Raquel Reyes
and
Patricia
Roberts-Laird



Employee Fitness Center Now Open!

(First floor of Building 12)

Hours of Operation

Monday - Friday: 5 a.m. - 6 p.m.
Saturdays: 8 a.m. - 4 p.m.

Employees MUST complete registration forms AND have gym-access credentials added to their PIV Card by Police Service prior to using the Employee Fitness Center.

Visit the Building 12 GYM SharePoint website for more information.

EVER WONDERED...



Answers to these questions and more can be found at:

Hines PACT Orientation Class

- Classes Meet -

2nd Tuesday of the month 1:00pm - 2:00pm
4th Thursday of the month 9:00am - 10:00am

Location: Building 200, Rm. 1092A

For more information talk with your Primary Care Team or contact:
Central Scheduling at 1-800-274-2875

Creative ARTS Festival

Veterans, start planning your submissions!
Entry deadline: March 7
 Recreation Therapy / 708-202-3631
 for more information

ART
Creative Writing
DANCE
music
Drama

COME OUT AND ENJOY THE ART!
March 19
 10:00 am-3:00 pm
 Hines Auditorium - Building 9

NATIONAL VETERANS CREATIVE ARTS COMPETITION

The VA Creative Arts Festival and Competition provides Veterans an opportunity to be acknowledged for their artistic talents and skills.

The Hines Creative Arts Festival is scheduled to take place March 19, from 10 a.m. to 3 p.m. in the Hines Auditorium. The entry deadline for submissions is March 7. For information about the Hines Creative Arts Festival, please call the Recreation Therapy department at (708) 202-3631.

One of Hines' own recreation therapists, Mitra Gobin, will be a judge for vocal/musical performances leading up to the National Veterans Creative Arts Festival held in Milwaukee, Wisc. As a board-certified music therapist and content expert with the creative arts festival, his contribution to the judging panel will provide a great service to the Veterans at this nationally-sponsored VA event. Through this process, additional insight will be gained on how to further enhance and expand the local creative arts festival held at Hines annually. For more information about the national festival, please visit <http://www.creativeartsfestival.va.gov>.

2014 Health Fair

Save the Date!

- Wednesday -
May 7th

9:00am - 3:00pm
 Located at Hines VA Building 9, Auditorium

Healthy Living

Approved by VHEC 2013

Hines CBOCs

Hines currently operates six Community Based Outpatient Clinics (CBOCs), which are local, outpatient primary care clinics, to make access to healthcare easier. The clinics offer a variety of services including women's healthcare, laboratory services, retinal imaging, pharmacy and nutrition consultations, home-based primary care, group health education and mental health services. Some locations offer specialty care to include audiology assessments and hearing aid repair, physical therapy and rehabilitation, as well as geriatric care.

Aurora CBOC

161 South Lincolnway
 North Aurora, IL 60542
 Phone: 630-859-2504

Elgin CBOC

450 W. Dundee Rd.
 Elgin, IL 60123
 Phone: 847-742-5920
 Fax: 847-742-6124

Joliet CBOC

1201 Eagle St
 Joliet, IL 60432
 Phone: 815-740-8100
 Fax: 815-740-8101

Kankakee CBOC

581 William Latham Drive, Suite 301
 Bourbonnais, IL 60914-2435
 Phone: 815-932-3823
 Fax: 815-932-3827

LaSalle CBOC

4461 N Progress Blvd
 Peru, IL 61354
 Phone: 815-223-9678
 Fax: 815-223-9683

Oak Lawn CBOC

10201 S. Cicero
 Oak Lawn, IL 60453
 Phone: 708-499-3675
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Upcoming Events and Observances

February 2014

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| National African-American History Month | American Heart Month |
| National Cancer Prevention Month | National Senior Independence Month |
| AMD/Low Vision Awareness Month | Wise Health Care Consumer Month |
| 1 National Freedom Day (1865) | 13 First Medal of Honor Awarded (1861) |
| 1-7 Women's Heart Week | 13 Marine Corps Women's Reserve Created (1943) |
| 2 Groundhog Day | 14 Valentine's Day |
| 2-8 Burn Awareness Week | 14 National Donor Day |
| 3 Four Chaplains Memorial Day (1943) | 15 Susan B. Anthony Day |
| 4 USO Founded (1941) | 16-22 National Engineers Week |
| 7 National Wear Red Day | 17 Presidents Day |
| 9-15 National Cardiac Rehabilitation Week | 22 Washington's Birthday (1732) |
| 9-15 National Salute to Veteran Patients Week | 23 Desert Storm Ground War Begins (1991) |
| 10-16 Random Acts of Kindness Week | 23 Iwo Jima Day Anniversary (1945) |
| 11 National Shut-in Visitation Day | 26 Kuwait Liberation Day (1991) |
| 12 NAACP Founded (1909) | |
| 12 Lincoln's Birthday (1809) | |

March 2014

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| Women's History Month | National Nutrition Month |
| National Kidney Month | Multiple Sclerosis Education Month |
| National Social Work Month | Brain Injury Awareness Month |
| 2-8 Patient Safety Awareness Week | 13 World Kidney Day |
| 3 National Anthem Day (1931) | 16-22 National Poison Prevention Week |
| 8 International Working Women's Day | 17 St. Patrick's Day |
| 9 Daylight Savings Time Begins | 20 Spring Begins |
| 10-16 International Brain Awareness Week | 25 National Medal of Honor Day |
| 12 Registered Dietitian Day | 30 National Doctors' Day |

April 2014

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| Alcohol Awareness Month | Cancer Control Month |
| National Occupational Therapy Month | Parkinson's Awareness Month |
| Sexual Assault Awareness Month | Stress Awareness Month |
| 1-7 Testicular Cancer Awareness Week | 15 Tax Day |
| 6-13 National Volunteer Week | 16 National Stress Awareness Day |
| 7-13 National Public Health Week | 20 Easter Sunday |
| 9 National Former POW Recognition Day | 22 Earth Day |
| 10 Bataan Death March Anniversary (1942) | 24 Administrative Professionals Day |
| 11 National Alcohol Screening Day | 25 Arbor Day |
| 13 Palm Sunday | 27 Holocaust Remembrance Day |



| DEPARTMENT | BUILDING | FLOOR/ROOM |
|------------------------------------|----------|-----------------|
| Admissions | 200 | 1st Floor |
| Audiology | 228 | 1112 |
| Auditorium | 9 | 1st Floor |
| Blind Rehabilitation Center | 113 | 1st Floor |
| Cafeteria | 45 | 1st Floor |
| Chapel | 200 | C101 |
| Compensated Work Therapy | 13 | 3rd Floor |
| Compensation and Pension | 12 | 2nd Floor |
| Credit Union | 1 | A133 |
| Dental Clinic | 200 | 12th Floor |
| Diabetes Clinic | 200 | 4th Floor |
| Emergency Department | 200 | 1st Floor |
| ENT Clinic | 200 | 1112 |
| Extended Care Center | 217 | 1st Floor |
| Eye Clinic | 200 | A153 |
| Eye Diagnostic Lab | 200 | C129 |
| GU Clinic | 200 | B020 |
| Geriatric Outpatient Clinic | 217 | 1st Floor |
| Human Resources | 17 | 1st Floor |
| Imaging (CT Scan, MRI, Ultrasound) | 200 | C105 |
| Laboratory/Blood Draw | 200 | D110 |
| Lost and Found | 200 | A126 |
| Mental Health Outpatient Clinics | 228 | 1st - 4th Floor |
| Mental Health Outpatient Clinics | 13 | All Floors |
| Non-VA Medical Care | 9 | 101 |
| Nuclear Medicine | 1 | G201 |
| OEF/OIF/OND Program | 228 | 1029 |
| Optical Clinic | 228 | 1051 |
| Patient Advocate Office | 228 | 1055 |
| Patient Education Resource Center | 1 | G100 |
| Patient Financial Services | 1 | E131 |
| Pharmacy | 200 | B128 |
| Post Office | 45 | Atrium |
| Prosthetics | 228 | 5th Floor |
| Radiation Therapy | 200 | Basement |
| Rehabilitation Therapy Clinics | 228 | Basement |
| Residential Care Facility | 221 | 1st Floor |
| Spinal Cord Injury/Disorder Clinic | 128 | 1st Floor |
| Sub-specialty Outpatient Clinics | 200 | 4th Floor |
| Surgical Outpatient Clinics | 200 | 5th Floor |
| Voluntary Service | 9 | 1st Floor |
| Women's Health Center | 200 | 12th Floor |
| X-ray | 200 | D101A |